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## THE POWER OF TREES

Trees, shrubs and other plants that **GROW NEXT TO STREAMS** AND RIVERS — also known as forest buffers — prevent pollution from entering waterways, steady stream banks, provide food and habitat for wildlife and keep streams cool during hot weather.

Trees also help keep our air clean and our ecosystems healthy. We breathe in oxygen and breathe out

carbon dioxide and breathe out oxygen. We're perfect partners! To celebrate the importance of trees, we have two designated

days in April. As a nation, we observe Arbor Day on the LAST FRIDAY OF APRIL. However, the best time to plant a tree varies by state depending on when the weather begins to warm and the soil softens from winter. In Maryland, we celebrate our own Arbor Day on the first WEDNESDAY IN APRIL.



Talk to your parents about planting a tree in your yard. Since trees grow in all shapes and sizes, check out these guides on how to **choose** and how to **PLANT**.

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